



Coaching Agreement + Par-Q

8 Weeks | 3x Week

Online

My Current Licenses

At the time of completing this form, your coach's current valid licenses are:

ActiveIQ

- Level 3 Diploma in Gym Instructing and Personal Training

IUSCA

- Level 2 Certified Strength and Conditioning Instructor

REPs UAE

- Category A Registration: Personal Trainer

eLearning at Work

- Certification in Safeguarding Children

Health & Safety Institute (HSI)

- Certification in Basic Life Support (BLS)
- Certification in Wilderness First Aid

Program Scope & Structure

This program is delivered as a structured 8-week training block, designed to allow for appropriate progression, adaptation, and review.

The program may include:

- Structured Program
- Personalised to your goals
- Program adjustments based on availability, recovery, or performance
- Cardiovascular fitness workouts
- Online coaching app (Everfit)
- Weekly check-ins (Via WhatsApp / phone / app / video call)
- Nutrition Guidance*
- Fitness Testing**
- Food Journal

- Daily Habit Tracking (eg. walking, water)
- Competitive pricing plans (Monthly instalments & true-monthly also available)

*Please note that, legally, only licensed dietitians can provide meal plans, and only licensed nutrition coaches can provide in-depth coaching on food - I am legally only allowed to offer guidance with my current licenses

**Subject to the training plan chosen

Coach response time can vary, however you can expect a response by end of day, or early the day after depending on the time of the message sent. If you notice slow response times, please flag this with Powsney Fitness and we will attempt to resolve the issue.

The client understands that:

- Results are not guaranteed
- Progress depends on consistency, effort, recovery, and nutrition
- Coaching guidance does not replace medical advice

Payment Terms

Total Program Cost: 1200 AED (Upfront)

OR

Week 1: 700 AED
Week 5: 700 AED
(Monthly Instalments)

OR

4 weeks: 1000 AED
(True-monthly)

Important:

Monthly payments are instalments of a fixed-term program and do not constitute a rolling monthly subscription.

If the client wishes to continue after paying true-monthly with the full 8-week program, the extra 300AED paid (compared to the monthly instalments plan) can be deducted off of the next payment in Week 5. Please note this is due to 8 weeks of programming work load being carried out by the coach.

By starting this program, the client and parent/guardian acknowledge commitment to the full 8-week program, regardless of payment method.

ONLINE EXTRA | In-person Technique & Fitness Testing PT Session (2 hours)

Beginners & Intermediates are encouraged to attend an In-Person Technique & Fitness Testing PT Session. This one-time session is recommended to be done before each new program starts.

In this session, we will cover:

- One full session (Eg. Workout A)
- Overview on technique of every exercise in all workouts (Eg. Workout A-C)
- If wanted, fitness testing to see relevant fitness improvements over the program duration

Cost:

300 AED

(Upfront - Suitable for "Upfront" plans and "True-monthly" plans)

OR

Week 1: 175 AED

Week 5: 175 AED

(Monthly Instalments - Suitable for "Upfront" plans and "Monthly Instalment" plans)

Please note that attending this session does not guarantee injury prevention. The coach is not responsible for injuries sustained due to improper execution, failure to follow guidance, or training outside of provided recommendations.

If this session is not attended, the client (and/or parent/guardian) acknowledges that all training is undertaken at their own risk and that the coach is not responsible for injuries resulting from improper technique, lack of supervision, or misuse of the program.

*If you are unsure about this session, please contact me before submitting this form

Cancellations, Refunds, Pauses & Adaptations

Programs are non-refundable once started. However, a program can be paused for up to 6 weeks for no extra cost, for a minimum of 1 week, once per program period (every 8 weeks). A pause can be requested through any communication channel established between the coach and client, and can be paused with 36 hour notice. This pause will also move the due date for payments if the contract is not paid upfront, not voiding the payment.

If an injury occurs during the program period and you are unable to train, please provide a doctor's note explaining the injury, and if approved by Powsney Training, a program can be paused for up to 17 weeks. If the injury is deemed severe, a partial refund may be considered, however it is taken case by case.

Missed in-person sessions by the client do not qualify for refunds. Please provide up to 48 hours notice for cancellation. In-person sessions cancelled after this grace period will forfeit their session.

Training volume and structure can be adjusted due to:

- Illness or injury
- Periods of reduced gym access or availability (Eg. moving house, vacation)
- Religious reasons (Eg. Ramadan)

I am extremely flexible with adjusting your program at no extra cost to suit your needs (Eg. lowering volume), however please allow 1-2 weeks notice to make adequate changes. (Contact me on WA / call to let me know ASAP)

Please note that any adjustments are made at the coach's discretion to prioritise safety and sustainability.

If the coach is unable to continue providing the service, a partial or full refund will be issued, alongside a formal email or message explaining the situation. Every situation will be dealt with case by case.

Health & Medical Disclaimer

The client confirms that:

- They are physically able to participate in strength and conditioning training.
- They will inform the coach of any injuries, medical conditions, or changes in health.
- They understand training carries inherent risk.

The coach is not responsible for injuries sustained due to:

- Improper execution of exercises.
- Failure to follow guidance.
- Withholding relevant health information.

If severe pain, dizziness, or discomfort occurs, training should stop immediately.

If the client has any injuries or medical history that needs to be declared, please inform the coach by accurately completing the PAR-Q section in this contract below to be able to make a formal declaration of such. If 'yes' is answered to any of the PAR-Q questions, a medical notice stating that exercise can be pursued should be provided before starting the program.

Communication & Conduct

Primary communication will be via WhatsApp, phone calls, Everfit app, and video calls.

The coach reserves the right to terminate the program if conduct becomes inappropriate or unsafe. (Examples of such are behaviour that is hostile or sexual)

If the coach decides to terminate the contract due to misconduct, a formal email or message will be sent to the client/guardian, alongside no refund being provided. In some circumstances, a partial refund of the coaching fee may be provided, but is case by case.

Social Media (*Section not applicable if client is U18*)

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You give permission for photos or videos taken during sessions to be used for promotional or social media purposes (eg. Instagram, website). (@sampowsney & @powsneytraining on Instagram - I will also always ask you for consent with every post)

'If you would like to opt out of the above social media request, please tick here:

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Parental / Guardian Consent (Section applicable if client is U18)

You give permission for your child to participate in personal training sessions with Powsney Training, including gym-based and online activities.

In the event of an injury or medical emergency, I authorize Powsney Training to seek appropriate medical care for my child, including contacting emergency services if necessary.

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You give permission for photos or videos of your child taken during sessions to be used for promotional or social media purposes (eg. Instagram, website). (@sampowsney & @powsneytraining on Instagram - I will also always ask your child for consent with every post)

'If you would like to opt out of the above social media request, please tick here:

_____ ,

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You give consent for your child to receive online training and communication through apps such as 'Everfit'.

Physical Activity Readiness Questionnaire (PAR-Q)

1. Has your doctor ever said you have a heart condition or should only do physical activity recommended by a doctor?*

Yes ___ / No ___

2. Do you feel pain in your chest when performing physical activity?*

Yes ___ / No ___

3. In the past month, have you had chest pain when not doing physical activity?*

Yes ___ / No ___

4. Do you lose balance because of dizziness, or do you ever lose consciousness?*

Yes ___ / No ___

5. Do you have a bone, joint, or muscular problem that could be made worse by physical activity?*

Yes ___ / No ___

6. Is your doctor currently prescribing medication for blood pressure or a heart condition?*

Yes ___ / No ___

7. Do you know of any other reason why you should not take part in physical activity?*

Yes ___ / No ___

8. If yes to any of the questions above, please refer to the **'Health & Medical Disclaimer' section of the contract. *Please provide extra details below if possible:***

Program Payment Terms (Please tick next to one of the options): *

- Up Front _____
- Monthly Installments _____
- True-Monthly _____

ONLINE EXTRA Payment Terms (Please tick next to one of the options): *

- Up Front _____
- Monthly Installments _____
- Skip _____

Emergency Contact Name: * _____

Emergency Contact Phone Number: * _____

Date of Signature: * _____

Full Client Name (OR Parent/Guardian if Client is U18): *

Full Child Name (Only applicable if client is U18):

[Please leave blank if client is not U18]

Client Signature (OR Parent/Guardian if Client is U18): *

Coach's Name:

Samuel Powsney

Coach's Signature:

[Please leave blank if client]

By signing above, the parties (Client and Coach) acknowledge that they have read, understood, and agreed to all terms outlined in this contract.

*Please contact **Powsney Training** if unsure of any terms.*